## Supplementary Table 1. Characteristics of RCTs Examining the Effects of Computerised CBT for Insomnia

Studies/	Sample	Inclusion	Exclusion	Treatment	Comparison	Therapist's	N	N	Outcome
countries				Group group		support	Rand	Analy	measures
Ritterband et	Age=56.7 (11.7);	Insomnia	Having a major psychiatric diagnosis,	Psychoeducation;	Psychoeducation; Waitlist control		28	28	SD; ISI;
al., (2011).	Male=4,	diagnosis based	or a non-cancer related illness;	SR; SC; SHy; CR;					MFSI-SF;
USA	female=24	on DSM-IV;	receiving psychological treatment for	RP					HADS; SF-12
		cancer-related	insomnia; unstable drug regime; shift						
		insomnia	work; pregnancy						
Riley et al.,	Age=48.7 (12.3);	Insomnia	Antidepressant use in past 2 weeks;	SC; SR; Re; Shy &	Self-monitoring on	Nil	90	90	SD; PSQI;
(2010).	Male=38,	diagnosis based	psychological treatment for insomnia;	CR in written form	sleep; relaxation				ISI;
USA	female=52\	on DSM-IV or	psychological or pharmacological	in programme guide	tape and info on				
		ICSD	treatment for affective or anxiety		Shy & CR				
			disorders						
Ritterband et	Age=44.9 (11.0);	Insomnia	Receiving psychological treatment;	Psychoeducation;	Waitlist control	Nil	45	44	SD; ISI
al., (2009).	Male=11,	diagnosis based	unstable drug regime; shift work;	SR; SC; SHy; CR;					
USA	female=34	on DSM-IV	pregnancy	RP					
Vincent &	Male=39,	Insomnia	Shift work; Head injury; acute	Psychoeducation;	Waitlist control	Emailed once at	118	118	SD; ISI; MFI;
Lewycky	female=79	diagnosis based	suicidality; mania; schizophrenia;	SR; SHy; Re; CR;		week 3 to check			DBAS-10;
(2009).		on suggestion	elevated substance abuse			any problem			PSAS; CGI
Canada		by AASM							
Suzuki et al.,	Age=39.6 (8.2)	Age >19; desire	Receiving treatment for insomnia	SC; Re; Shy; CR	Waitlist control	Nil	43	30	SD; CSQI;
(2008).	Male=25,	to improve							PSQI; SBI;
Japan	female=16	sleep; have a							K6
		job							
Ström et al.,	Age=44.1 (12.0)	Insomnia	< age of 18; sleep apnea; restless legs	Psychoeducation;	Waitlist control	Max. 2 emails to	109	81	SD;
(2004).	Male=71,	diagnosis based	syndrome; anxiety/depression; night	SR; SC; SHy; CR;		questions of			DBAS-FV
Sweden	female=38	on DSM-IV	shift; ongoing/ current CBT; insomnia	Re		participants in			
			explained by physical illness			treatment group			
	L	L	1	1	L	1	1	1	1

Note: AASM=American Academy of Sleep Medicine; CGI=Clinical Global Improvement; CR=Cognitive Restructuring; CSQI=Current Sleep Quality Index; DBAS-FV=Dysfunctional Beliefs and Attitudes about Sleep Scale-Full Version; DBAS-10=Dysfunctional Beliefs and Attitudes about Sleep Scale-10 items; DSM-IV=Diagnostic and Statistical Manual of Mental Disorders, 4th Edition; HADS=Hospital Anxiety Depression Scale; ICSD=International Classification of Sleep Disorders; ISI= Insomnia Severity Index; K6=Kessler 6; MFI=Multi-Dimensional Fatigue Inventory; MFSI-SF=Multidimensional Fatigue Symptom Inventory-Short Form; N Rand=Number of subjects for random allocation; N Analy= Number of subjects in final analysis; PSAS=Pre-Sleep Arousal Scale; PSQI=Pittsburg Sleep Quality Index; Re=Relaxation; RP=Relapse Prevention; SBI=Sleep-related Behaviors Index; SC=Stimulus Control; SD=Sleep Diary; SF-12=Short Form Health Survey-12 item; SHy=Sleep Hygiene.

Supplementary Table 2. Means and SD of, and Effects on Outcome Measures by CCBT-I and Control Groups at Baseline, Post-treatment and Follow-up

Studies	Meta- Analysis	Groups	Times of Measure	Sleep Onset Latency	Wake After Sleep Onset	Number of Awakenings	Total Sleep Time	Time In Bed	Sleep Efficiency %	Sleep Quality	Insomnia Sleep Index
Ritterband	Yes	CCBT-I	Baseline	48.42 (32.37)	55.88 (30.52)	2.64 (1.19)	361.62 (68.36)	498.69 (47.45)	72.16 (9.56)	2.55 (0.61)	17.1 (-)
et al., (2011)			Post-tx	19.88 (16.79)	31.99 (21.76)	1.87 (0.90)	396.05 (49.64)	461.42 (39.55)	85.67 (6.50)	3.38 (0.59)	8.2 (-)
		Waitlist Control	Baseline Post-tx	40.73 (30.57) 35.23 (22.31)	47.54 (31.25) 30.99 (19.72)	1.98 (0.51) 1.69 (0.59)	362.46 (73.39) 373.05 (63.60)	481.04 (58.58) 467.31 (42.56)	75.55 (14.13) 79.75 (11.45)	2.85 (0.43) 2.98 (0.69)	15.9 (-) 14.4 (-)
		Group x Time Effects		<b>\</b>	NS	NS	NS	NS	1	1	<b>\</b>
Ritterband et al., (2009)	Yes	CCBT-I	Baseline Post-tx 6-M FU	31.84 (27.90) 18.12 (12.84)	66.74 (40.81) 29.89 (19.83)	2.38 (1.48) 1.52 (1.07)	349.92 (88.00) 404.92 (61.46)	482.45 (56.15) 468.48 (66.53)	72.30 (16.10) 86.40 (5.30)	2.83 (0.59) 3.23 (0.61)	15.73 (3.97) 6.59 (4.45) 7.32 (4.91)
		Waitlist Control	Baseline Post-tx	35.43 (21.43) 32.75 (16.49)	56.43 (19.38) 51.81 (26.58)	2.38 (1.02) 2.40 (1.39)	365.65 (61.46) 380.04 (59.82)	487.09 (46.93) 493.57 (46.72)	74.70 (8.70) 76.80 (7.60)	2.83 (0.64) 2.94 (0.74)	16.27 (4.00) 15.50 (4.45)
		Group x Ti	ime Effects	NS	↓	$\downarrow$	NS	NS	1	1	$\downarrow$
Vincent & Lewycky (2009)	Yes	CCBT-I	Baseline Post-tx 4-W FU	33.10 (30.72) 21.70 (27.19) 21.30 (30.72)	70.80 (49.15) 53.50 (52.22) 43.00 (46.85)	1.96 (1.23) 1.49 (1.31) 1.69 (1.61)	342.60 (82.80) 388.80 (92.40) 389.40 (110.4)	-	75.50 (13.01) 82.70 (13.82) 86.70 (10.75)	1.83 (0.85) 2.18 (1.00) 2.28 (1.00)	18.08 (4.53) 12.43 (5.53) 12.89 (5.99)
		Waitlist Control	Baseline Post-tx 4-W FU	41.60 (32.26) 35.50 (27.65) 33.70 (31.50)	70.20 (53.76) 60.78 (58.37) 53.60 (51.46)	2.54 (1.31) 2.40 (1.38) 2.31 (1.70)	340.80 (87.60) 366.00 (96.60) 372.00 (120.0)	-	75.80 (14.54) 79.30 (16.13) 81.70 (12.29)	1.99 (0.92) 1.77 (1.08) 1.83 (1.15)	18.11 (4.53) 16.95 (5.53) 16.74 (6.45)
		Group x Time Effects		NS	NS	NS	NS	_	NS	1	<b>\</b>
Ström et al., (2004)	Yes	CCBT-I	Baseline Post-tx	38.30 (27.14) 27.30 (22.06)	56.90 (42.34) 34.79 (42.34)	1.99 (1.25) 1.23 (0.67)	337.80 (67.20) 372.00 (81.60)	487.20 (38.40) 465.60 (39.00)	69.44 (13.25) 79.88 (16.03)	2.74 (0.55) 3.14 (0.56)	_
		Waitlist Control	Baseline Post-tx	40.8 (31.16) 35.9 (27.04)	45.36 (32.14) 33.64 (25.37)	1.82 (1.18) 1.44 (0.98)	364.80 (58.20) 371.40 (53.40)	499.80 (49.80) 480.60 (49.20)	73.35 (11.35) 77.46 (9.63)	2.79 (0.51) 3.03 (0.73)	_
		Group x Ti	ime Effects	NS	NS	NS	1	NS	1	NS	_
Suzuki et al., (2008)	No	CCBT-I	Baseline 3-W FU	23.33 (14.82) 15.42 (19.33)	_	_	349.80 (50.40) 352.80 (56.40)	_	90.10 (10.86) 87.50 (10.46)	_	_
		Waitlist Control	Baseline 3-W FU	18.78 (16.69) 19.33 (13.63)	_	_	361.80 (64.80) 397.20 (94.20)	_	93.98 (8.06) 96.58 (3.91)	-	_
		Group x Time Effects		NS	-	_	NS	_	NS	_	
Riley et al., (2010)	No	Computer device	Baseline 6-W FU	26.80 (23.50) 16.70 (22.80)	39.60 (37.50) 15.40 (17.80)	_	335.60 (75.30) 365.50 (63.60)	_	75.30 (15.50) 86.70 (10.70)	_	16.50 (4.10) 11.20 (5.70)
		Self-help Control	Baseline 6-W FU	32.50 (21.00) 28.30 (27.20)	55.70 (32.90) 42.30 (20.80)	_	349.40 (24.60) 360.50 (44.90)	-	78.00 (10.20) 80.00 (16.20)	-	17.40 (4.00) 12.60 (3.80)
		Group x Ti	ime Effects	NS	NS	_	NS	_	NS	-	NS

Note: Post-tx=Post-treatment; M=Month; W=Week; FU=Follow-up; "−" =Not available; NS=Non-significant; "↓"=Significantly reduced; "↑"=Significantly increased.